

# Diseases and Conditions Related to Smoking

## Cancer

- In 2007, cancer was the 2<sup>nd</sup> leading cause of death in the U.S., after coronary heart disease.<sup>1</sup>
- Smoking causes: bladder cancer; bone marrow and blood cancer; cervical cancer; esophageal cancer; kidney cancer; laryngeal cancer; lung cancer; oral cancers; pancreatic cancer; stomach cancer; and throat cancers.<sup>2</sup>
- In the U.S., one-third of deaths from cancer could be prevented if no one smoked.<sup>2</sup>
- The greater the number of cigarettes and the greater the number of years a person smokes, the greater the risk for cancers caused by smoking. In most cases, the risk for cancer decreases after quitting completely.<sup>3</sup>
- Cigarette smoking causes most cases of lung cancer. Approximately 90% of all lung cancer deaths among men and almost 80% among women are caused by smoking.<sup>3</sup>
- Compared to nonsmokers, men who smoke are about 23 times more likely to develop lung cancer and women who smoke are about 13 times more likely to develop lung cancer.<sup>3</sup>

## Respiratory Diseases

- Smoking causes chronic obstructive pulmonary disease (COPD), including emphysema and bronchitis.<sup>4</sup> COPD inflicts about 10 million people in the U.S.<sup>3</sup>
- COPD is one of the ten most common chronic health conditions in the U.S. and one of the ten most common conditions that limit daily activities.<sup>3</sup>
- Upper and lower respiratory tract infections are more common among smokers than non-smokers.<sup>3</sup>
- Approximately 90% of deaths from COPD are related to smoking.<sup>3</sup>
- Female smokers are nearly 13 times as likely and male smokers are nearly 12 times as likely to die from COPD as their nonsmoking counterparts.<sup>3</sup>

## Cardiovascular Diseases

- Smoking causes coronary heart disease (a narrowing of the blood vessels that supply the heart with blood and oxygen), which is the leading cause of death in the U.S. among both men and women.<sup>3</sup> More than 1 in 4 deaths is from heart disease.<sup>5</sup>
- Smoking can cause aneurysms, or bulging blood vessels that burst, which can lead to death.<sup>4</sup>
- Compared to non-smokers, smokers have an increased risk of developing peripheral vascular disease (a narrowing and hardening of the arteries that provide blood to the legs and feet).<sup>6</sup>
- Exposure to secondhand smoke can cause cardiovascular disease in non-smokers.<sup>4,6</sup>
- Smoking cigarettes doubles a person's risk for stroke. A person's risk for stroke decreases steadily after quitting smoking.<sup>4</sup>
- Strokes are the third leading cause of death in the U.S., causing about 1 in 17 deaths, about 800,000 cases per year.<sup>7</sup>

## Oral Diseases

- Smoking is a cause of periodontitis, a serious gum disease that can lead to the loss of teeth and bones.<sup>3</sup>

## Impaired Vision

- Compared to nonsmokers, smokers in the U.S. have 2-3 times the risk for developing cataracts, the leading cause of blindness.<sup>8</sup>

## Bone Mass and Fractures

- Smoking decreases bone mass among postmenopausal women.<sup>8</sup>
- Smoking increases the risk for hip fractures among men and women.<sup>8</sup>
- Every year in the U.S., over 300,000 seniors over the age of 65 suffer hip fractures. The estimated costs associated with hip fractures range is \$7 billion to \$10 billion per year.<sup>3</sup>

## Diabetes

- Smoking increases the risk of having type 2 diabetes.<sup>4</sup>
- Smokers with diabetes have a more difficult time controlling their blood sugar levels than nonsmokers with diabetes.<sup>4</sup>
- Diabetic smokers increase their risk of complications, such as: kidney and heart disease, amputation, retinopathy (eye disease that causes blindness) and peripheral neuropathy (nerve damage).<sup>4</sup>

## References

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- <sup>2</sup> U.S. Department of Health and Human Services. *How tobacco smoke causes disease: The biology and behavioral basis for smoking-attributable disease: A report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Public Health Service, CDC, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2010.
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- <sup>4</sup> U.S. Department of Health and Human Services. *A report of the Surgeon General: How tobacco smoke causes disease...What it means to you*. Atlanta, GA: U.S. Department of Health and Human Services, Public Health Service, CDC, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2010.
- <sup>5</sup> Heron MP, Hoyert DL, Murphy SL, Xu JQ, Kochanek KD, Tejada-Vera B. Deaths: Final data for 2006. *National Vital Statistics Reports* 2009;57(14):1-135. Hyattsville, MD: National Center for Health Statistics. Available at: [http://www.cdc.gov/nchs/data/nvsr/nvsr57/nvsr57\\_14.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr57/nvsr57_14.pdf)
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- <sup>7</sup> Centers for Disease Control and Prevention. Stroke facts. National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention; 2010. Available at: <http://www.cdc.gov/stroke/facts.htm>
- <sup>8</sup> U.S. Department of Health and Human Services. *The health consequences of smoking: What it means to you*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2004.

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